

DEDICATED TO OUR COMMUNITY, OUR PROFESSION AND EACH OTHER

THE RESPONDER

APRIL

EMS Week



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This newsletter written and compiled by:
Captain Luis Santano

On the web!
www.alexandriava.gov/fire



In celebration of EMS week, the Alexandria Fire Department in association with the Florian Foundation, would like to invite all members of the department to participate in free estate planning and will preparation. This free service is being offered to all non-uniformed and uniformed members of the department

In Fire & Emergency Services, we do a tremendous amount of preplanning to

insure our safety at emergency scenes. We constantly evaluated our physical fitness level in order to answer the call for help. We perform RIT drills to be ready to answer the May Day call to save our own. We perform these tasks to protect the Community and each other. Unfortunately we do very little to protect our own family in the event of our sudden death. Less than ten percent of public safety professionals have participated in any type of estate planning.

In 1999, six firefighters died battling the Cold Storage warehouse fire in Worchester, Massachusetts. In 2007 nine Charleston, South Carolina firefighters lost their lives fighting a furniture super store blaze. None of the 15 firefighters, who lost their lives in the performance of their duty, had a will.

Protect your family and loved ones from uncertainty. Preplan your destiny with estate planning and will preparation. Take advantage of this FREE opportunity during EMS Week, May 13 through May 16. To schedule an appointment, contact EMS Operations Manager Brian Hrickik or the speak with President of the Foundation, Assistant Fire Marshall Andrea Buchanan.

For more information on the Florian Foundation visit their web site at www.florianfoundation.org/

Events planned for EMS Week:

May 17, 18, 19 – Florian Foundation

May 20th – EMS Breakfast at Inova Alexandria Hospital

Throughout the week – Medic Units will be visiting Assisted Living facilities to check Blood Pressure and get medication and history forms up to date.

Top Five Places to Run In Alexandria by Captain Jeff Merryman

Just fahgetaboutit. March 20, 2009 marked the first day of spring. Whether you work in suppression, emergency medical services, administration, communications or the Office of Building and Fire Code Administration, get outside and enjoy a walk, jog or a good run to increase our physical fitness.

To offer you my opinion of the top five places in our City to get some outdoor exercise, I have gone to some of my favorite outdoor jogging places, with a measuring wheel,.

It may not be as dramatic as David Letterman's' top 10 list, but stay with me and no cheating by jumping to my number 1.

My number 5, is a place long forgotten and probably not used by anyone anymore, that place is Holmes Run Park. Holmes Run Park is located on the north side of Holmes Run Creek. You can park at the dead-end of Holmes Run Parkway; if you start your jog from the dead-end, head west and run to the end of the telephone pole like fencing, you will have accomplished a half-mile. Obviously, running back will get you a mile. Holmes Run Park offers more sun than shade but this park also offers a level path.

My number 4 comes in as Simpson Field. One lap at Simpson



field will get you 1/3 of a mile. To get the full 1/3 of a mile, you will need to run on the outside of the tennis courts near Duncan Avenue. You will need to run along Duncan Avenue itself down and around the children's playground. Some sun and some shade, never overly crowded and you can have the option of inside exercise at the YMCA.

My number 3, is Founders Park. One lap at Founders Park is only 4/10ths of a mile. You can expand your exercise area to 1 mile by moving north on Union Street up and around Oronoco Bay Park. You can also add another 1/2 mile by taking Union Street South to King Street and back around the boat docks. You will

encounter mostly sun, it seems to always be moderately crowded, plenty of traffic on the streets, and you will encounter bicycles. That's a lot of distractions for me. Pay attention!

My number 2 is Ben Brenman Park (BBP). I found it best at BBP to strive for one complete mile in one complete lap. You will need to include the path between the soccer fields. Also, cross over the foot bridges to the path on the south side of Cameron Run; one footbridge is at the end of Sommerville Ave and one

footbridge is by the baseball fields.

BBP is mostly sunny, not overly crowded and you will have a level path to pace yourself.

My number 1 outdoor place to walk, jog or run is Fort Ward Park. One lap will get you 6/10ths of a mile. Do some math to find the distance that will best suit your needs. On a good day, I enjoy 5 laps for a 3 mile jog. Fort Ward offers minimal traffic with mostly shade and you will encounter a slight uphill grade to test your endurance. 2 small hints; run clockwise, so traffic won't be able to sneak up on you and if you look hard enough the roadway has markings to designate tenths of a mile.

There you have it, my top 5 places to enjoy outdoor exercise. Now all you have to do is get a good pair of sneakers, a charged iPod with music that inspires you and Mother Nature to bring the weather. Nothing too it... right, just fahgetaboutit.

Distracted Driving Awareness Day Submitted by Battalion Chief Troy Gibbs

The Alexandria Fire Department is partnering with over 100 organizations to bring attention to the dangers of distracted driving. April 29, 2009 is Distracted Driver Awareness Day. Over of 8,000 auto accidents occur every day due to distracted driving. What does that mean to you? You are more likely to suffer the results of a distracted driver. Educate yourself and get involved!

- Sign the pledge not to drive distracted.
- Make other drivers aware of the dangers.
- Visit the website: www.drivesmartva.org/distracted/pledgeform.htm

Governor's Proclamation

By virtue of the authority vested by the Constitution in the Governor of the Commonwealth of Virginia there is hereby officially recognized:

DISTRACTED DRIVING AWARENESS DAY

WHEREAS, according to a research report issued by the National Highway Traffic Safety Administration (NHTSA) and the Virginia Tech Transportation Institute (VTTI), driver inattention is the leading factor in most highway crashes; and

WHEREAS, according to that same study, nearly eighty percent of crashes and 65 percent of near-crashes involved some form of driver inattention within three seconds prior to the crash; and

WHEREAS, the Commonwealth of Virginia supports efforts that help raise awareness of the dangers of distracted driving, particularly amongst teenagers, in order to both reduce the number of distracted driving crashes and to better educate drivers; and

WHEREAS, one of the most effective means of encouraging safer and smarter behavior by motorists involves convincing drivers of the need to devote their full attention and energy to driving by avoiding distractions such as eating, drinking, changing compact discs, talking on cell phones, and texting; and

WHEREAS, starting on July 1st, it will be illegal to text message while driving in the Commonwealth of Virginia due to the tremendous distraction of that activity; and

WHEREAS, the DRIVE SMART Virginia campaign has partnered with more than 100 businesses and organizations in order to raise awareness about distracted driving through presentations, communications, materials and events; and

WHEREAS, in order to reduce the number of crashes as well as improve driver safety, Virginia motorists must dedicate themselves to adopting and maintaining safe behavior while behind the wheel;

NOW, THEREFORE, I, Timothy M. Kaine, Governor of Virginia, do hereby recognize April 29, 2009 as **DISTRACTED DRIVING AWARENESS DAY** in the Commonwealth of Virginia and I call this observance to the attention of all of our citizens.

Awards and Recognition



Michael Gerber

The 2009 Valor Awards will honor Public Safety personnel from the City of Alexandria's Fire Department, Police Department and Sheriff's Office for their acts of heroism at the 23rd Annual Valor Awards presented by INOVA Alexandria Hospital

Fire Department members will receive Life Saving Certificates from the Alexandria Chamber of Commerce. Awards ceremony will be held April 30, 2009 at the Hilton Alexandria Mark Center. Ceremony begins at 11:30



Tracey Eichelberger



Donald Scott



Mary Ursitti



Josh Weissman



Keith Jochem

RETIREMENTS



Firefighter Tom Wheatley
15 Years of service



Firefighter Chris Lockwood
29 Years of service
Retires May 1

Quickr Collaboration Tool submitted by Jim Burke

The Fire Department's Strategic Planning Team is implementing a new web-based tool to enhance communication and to more effectively collaborate IBM Lotus® Quickr™ is a companion product to Lotus Notes, the City's e-mail system. This web application provides centralized, team places that enable groups to:

- Collaborate by sharing and discussing ideas, resolving issues, co-authoring documents, exchanging files, and managing schedules.
- Coordinate people, tasks, plans, and resources.
- Communicate actions, decisions, key findings, and other knowledge by posting them to the team place.

The Fire Department has five Strategic Planning Groups working simultaneously. They include: Prevention, Health and Safety; Accountability; Community Engagement; Readiness and Infrastructure; and Professionalism. Each of these Groups has sub-Groups addressing specific functional areas, supplemented by Task Forces to manage specific initiatives. With such broad involvement of people and projects, Quickr is a tool that will help users manage the large amount of information sharing, while maintaining document control and organization.

The City Manager's Office is participating in this pilot also, and the City ITS Lotus Notes Team is actively involved with the Fire Department's Quickr Implementation Team. Once the project has been successfully tested, the potential

for City-wide deployment is being considered. Since Quickr is a Lotus product, it offers smooth interaction with Lotus Notes, adding email integration to its existing tools for Microsoft Office products. If you have questions about the Quickr pilot, please contact Jim Burke or Jim Lynch of the Fire Department at 703-838-4600.

Spotlight



Ashley Ehrhart

Ashley was born and raised in Central Florida. She moved to the Washington, DC, metropolitan area in 1989, to attend college at American University, where she played on the varsity tennis team and earned a Bachelor's degree with dual majors in International Relations and Environmental Studies.

Shortly after college, Ashley began working as a consultant with Booz Allen Hamilton (BAH) while attending graduate school in the evenings at Johns Hopkins University, where she earned a Master's degree in Environmental Science.

With BAH, Ashley worked for almost 12 years in support of clients at the U.S. Environmental Protection Agency and Department of Defense, serving as project manager and subject matter expert primarily on chemical and oil spill prevention, preparedness, mitigation, and response. She took time away from work to complete an academic certificate program in Emergency Management

and Hazard Mitigation at Florida International University in 1999.

Ashley joined the Alexandria Fire Department's Office of Emergency Management as a Planner in 2006, and she was recently appointed as acting Assistant Emergency Management Coordinator.

When she is not working, you can usually find Ashley running or spending time with her twin (not identical) sister, who - like Ashley - resides in Alexandria's West End. Family is important to Ashley, in fact she enjoys traveling with her mother, Carol, who is Ashley's best friend. and favorite traveling partner.

Hidden Electrical Hazards

Ignoring your home's electrical system can be a costly.

Our lives literally depend on the safe use of electricity in our homes, and often safety hazards can go unnoticed or unseen. Even what homeowners might think of as a "minor" problem can lead to a devastating fire. In fact, electricity is a leading cause of home fires in the U.S.

Each year fires that start in electrical systems or lighting equipment

- damage more than 24, 000 homes
- kill 320 people
- injure 830 more

In addition, the Consumer Product Safety Commission www.cpsc.gov estimates that 50 people die every year from accidental electrocutions involving residential wiring, panel boards, circuit breakers, and outlets. Another 40 electrocutions each year involve household appli-

ances that are connected to the wiring of homes.

By making sure you have a thorough electrical inspection completed by a qualified electrician before buying, selling, or remodeling a home, you can help ensure your home's electrical system operates at the highest level safety possible.



of

tool that protects you from a dangerous shock when water and electricity come together. An electrician can install a GFCI for you.

- All electrical outlets and switches should be covered by "faceplates."
- All electrical cords should be in good condition.
- Don't tie or knot cords and don't let furniture sit on cords.

Electrical Safety Checklist

Safe Lighting

- Use the right light bulbs in all lamps and light fixtures.

Look inside the light fixture. Find a label that tells you which light bulb size (wattage) is right for the fixture.

Safe Electrical Systems

- The electrical outlet in the bathroom should have a Ground Fault Circuit Interrupter (GFCI.) This is a

Small Appliance Safety

- Look for the Underwriters Laboratories (UL) mark on the label when you buy electrical appliances (such as toasters, microwaves or coffee makers) and cords.
- Unplug toaster ovens, coffee makers and other small appliances after using them.
- Keep appliances dry and away from water at all times.
- Don't plug in too many appli-

In the Community submitted by Patsieann Misiti

For the first quarter of 2009, the Community Services Unit coordinated over 50 activities and served more than 2000 residents and members of the community.

Activity included:

- Assisted Living Facilities : Staff Trainings;
- Senior Citizens: Annual Prom at TC Williams, Blood Pressure Screenings and Fire Safety Presentations;
- Fire Station Tours
- Pre-School / Day Care Visits

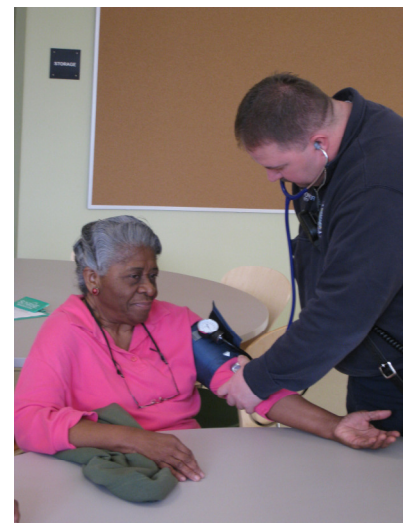
- Recreation Centers – After School Programs
- Elementary Schools – Intersession Classes: Water Safety / Basic First Aid / Injury Prevention
- Home-Based Day Cares: Fire Escape Planning
- Juvenile Fire starters Program
- Home Smoke Alarm Installation Visits
- City of Alexandria Programs: Homeownership Fair, Alexandria Mentoring Partnership: Brent Place
- JobLink: TCWilliams Career

Fair; ARHA: Family Resource Center After School Program

- Del Ray Civic Association/ Annual Community Meeting
- National Programs: Safe Kids Day; Week of the Young Child; Take Our Daughters And Sons To Work Day; Baskin – Robbins Scoop Night.

Thanks to the participation of all divisions including Administrative Staff, Communications, EMS Fire Suppression, and OBAFCA.

In the Community Photos



STATISTICS

FIRE ALARM HEADQUARTERS CALLS PROCESSED	
911	1380
Administration Received	5596
Administration Dialed	2046
Dispatched Calls	1555
Total calls	9022

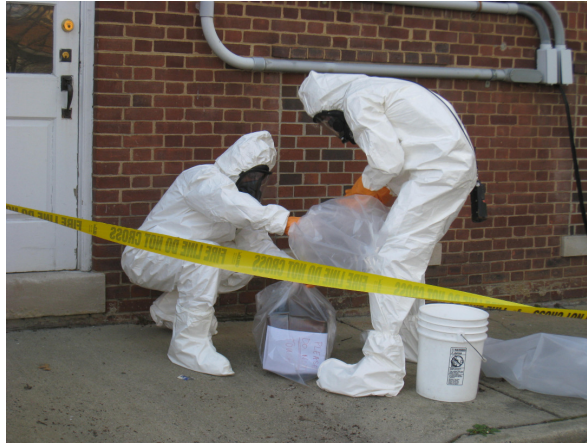
March Run Stats

	Unit	EMS	SUP	TOTAL	Current Yr	Previous Yr
Station 201	E201	32	84	116	356	1,422
Total		32	84	116	356	1,422
Station 202	E202	69	59	128	335	1,357
	M202	153	17	170	514	2,205
Total		222	76	298	849	3,562
Station 203	E203	47	48	95	279	1,265
	T203	6	65	71	270	954
Total		53	113	166	549	2,219
Station 204	E204	49	67	116	321	1,319
	T204	14	123	137	368	1,389
Total		63	190	253	689	2,708
Station 205	E205	60	127	187	524	2,127
	M205	206	44	250	711	2,857
Total		266	171	437	1,235	4,984
Station 206	E206	75	101	176	541	1,974
	M206	184	41	225	715	2,806
	R206	7	20	27	118	535
Total		266	162	428	1,374	5,315
Station 207	E207	93	99	192	536	2,230
	M207	194	46	240	618	2,469
Total		287	145	432	1,154	4,699
Station 208	E208	129	132	261	735	2,828
	M208	195	51	246	705	2,877
	T208	15	94	109	359	1,366
Total		339	277	616	1,799	7,071
Station totals		1,528	1,218	2,746	8,005	31,980

HOT SHOTS



Fighting the green monster



517 N Alfred Haz Mat



Explosive device at Essex Ct with FBI Bomb Unit



Explosive device at Essex Ct



4758 Kenmore Ave apartment fire



Barnes and Noble smoke in the building